CLAIMS

1. Method for preparing monodisperse biodegradable microspheres comprising the steps of:

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- least one comprising at emulsion preparing an an active comprises which phase, least aqueous phase, the one ingredient, and at viscosity of the organic phase and the aqueous phase having a ratio of from 0.1 to 10;
 - b) subjecting the emulsion obtained to controlled laminar shearing;
- c) removing the solvent from the polymer phase; and
 - d) isolating the microspheres so obtained.
- Method according to claim 1, wherein the microspheres
 are constituted in majority by a biodegradable polymer.
- Method according to claim 2, wherein the biodegradable is selected from poly(α-hydroxy) acids, aliphatic polyesters of poly(α -hydroxy acids), of poly(ϵ polydioxanones of caprolactones)-PCL, 25 polyanhydrides, polycyanoacrylates, polyorthoesters, polyurethanes, polypeptides or poly(amino acids), modified polycarbonates, cellulose, polysaccharides, polydimethylsiloxanes and poly(vinyl acetates) and their derivatives and copolymers. 30
 - 4. Method according to claim 2 or claim 3, wherein the biodegradable polymer is selected from polylactic acids

(PLA), and the copolymers of polylactic acid / polyglycolic acid (PLGA).

- 5. Method according to any one of claims 1 to 4, wherein the polymer has a molecular weight of from 50 to 500 kDaltons.
- 6. Method according to any one of claims 1 to 5, wherein the organic solvent of the organic phase of the emulsion is ethyl acetate.
 - 7. Method according to any one of claims 1 to 6, wherein the active ingredient is lipid-soluble.
- 15 8. Method according to any one of claims 1 to 7, wherein the active ingredient is water-soluble.
 - 9. Method according to any one of claims 1 to 8, wherein the active ingredient is a peptide or a protein.
 - 10. Method according to any one of claims 1 to 9, wherein the emulsion prepared in step (a) comprises a hydrophilic active ingredient in combination with a lipophilic active ingredient.

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- 11. Method according to any one of claims 1 to 10, wherein the organic phase of the emulsion represents from 10 to 60% by weight relative to the total weight of the emulsion.
- 30 12. Method according to any one of claims 1 to 11, wherein the organic phase of the emulsion comprises from 1 to 50%, preferably from 5 to 30% by weight of polymer.

- 13. Method according to any one of claims 1 to 12, wherein the organic phase of the emulsion comprises from 1 to 50%, preferably from 5 to 30% by weight of active ingredient.
- 5 14. Method according to any one of claims 1 to 13, wherein the emulsion is a double emulsion.
- 15. Method according to any one of claims 1 to 14, wherein the external and/or internal aqueous phase of the emulsion contains at least one stabilizing agent and/or at least one viscosity agent.
- 16. Method according to any one of claims 1 to 15, wherein the external and/or internal aqueous phase of the emulsion contains at least one stabilizing agent and/or at least one osmolarity agent and/or at least one surfactant and/or at least one buffer agent.
- 17. Method according to any one of claims 1 to 16, wherein 20 the step of calibration by laminar shearing is carried out in a Couette device.
- 18. Method according to any one of claims 1 to 17, wherein the step of removing the solvent from the polymer phase is carried out by extraction in water.
 - 19. Use of the microspheres obtainable according to any one of claims 1 to 18, for the administration of active ingredients in the human or animal organism.
 - the 19, wherein active according to claim 20. Use ingredient is selected from antibiotics, hypolipidaemics, blockers, beta agents, antihypertensives, antiviral bronchodilators, cytostatics, psychotropic agents, hormones,

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vasodilators, anti-allergics, analgesics, antipyretics, anti-inflammatories, anti-angiogenics, antispasmodics, antifungals, anti-ulcerants, antibacterials, parasitics, antidiabetics, anti-epileptics, anti-Parkinsons, antimigraines, anti-Alzheimers, anti-acneics, antiglaucomic neuroleptics, antidepressants, anti-asthmatics, sedatives, normothymics, hypnotics, anxiolytics, psychostimulants, anti-osteoporosis agents, anti-arthritics, agents, hyperglycaemics, anticoagulants, antipsoriasis orexigenics, anorexigenics, anti-asthenics, anticonstipation 10 agents, antidiarrhoeals, anti-trauma agents, diuretics, erection disorder medicaments, myorelaxants, enuresis peptides, proteins, anticancer medicaments, vitamins, agents, nucleic acids, RNA, oligonucleotides, ribozymes and DNA. 15